



Please Reserve or Cancel Your Meal By 4:00 The Day Before. **CM: Lunch Served 11:30-12:15/ Breakfast Served at 10:00**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 MOW: PARMESAN CHICKEN , Red Potatoes, Green Beans, Orange Wedge & Roll CM: MACARONI & BEEF , Corn, Cottage Cheese, Pears & Roll	2 MOW: SPAGHETTI W/ MEAT SAUCE , Corn, Cottage Cheese, Pears & Garlic Toast	3 MOW: CHICKEN STRIPS , Potatoes & Gravy, Peas, Grapes & Roll CM: HOT BEEF , Potatoes & Gravy, Salad W/ Ranch & Mandarin Oranges	4 MOW: FISH , Au Gratin Potatoes, Carrots, Mixed Fruit, Tartar Sauce & Roll
7 MOW: CHICKEN CORDON BLEU , Potatoes & Gravy, Peas, Pears & Roll	8 MOW: BURRITO , Tator Tots, Corn, Tropical Fruit, Chips & Salsa CM: PARMESAN CHICKEN , Red Potatoes, Green Beans, Mixed Fruit & Roll	9 MOW: MEAT LOAF , Potatoes & Gravy, Carrots, Peaches & Roll	10 MOW: CHICKEN CHOW MEIN , Egg Roll, Stir Fry Vegetables, Orange Wedge & Roll CM: SALISBURY STEAK , Potatoes & Gravy, Peas & Carrots, Banana Pudding & Roll	11 MOW: HAM , Potatoes & Gravy, Mixed Vegetables, Jell-O, Pineapple & Roll
14 MOW: CHICKEN CUTLET , Potatoes & Gravy, Peas, Peaches & Roll	15 MOW: BEEF STEW , Tator Tots, Green Beans, Banana & Roll CM: ***Breakfast @ 10:00** FRENCH TOAST , Hashbrowns, Eggs, Bacon & Fruit	16 MOW: CHEF SALAD W/ RANCH DRESSING , Applesauce & Crackers	17 MOW: CHICKEN FRIED STEAK , Potatoes & Gravy, Carrots, Peas & Roll CM: HAM DINNER W/ TRIMMINGS	18 MOW: MANDARIN ORANGE CHICKEN , Stir Fry Vegetables, Egg Roll, Orange Wedge & Roll
21 MOW: HICKORY CHICKEN , Au Gratin Potatoes, Green Beans, Peaches, Tapioca Pudding & Roll	22 MOW: PORK CHOP , Potatoes & Gravy, Carrots, Applesauce & Roll CM: CHICKEN FRIED STEAK , Potatoes & Gravy, Carrots, Pears & Roll	23 MOW: TURKEY SANDWICH , Macaroni Salad, Apple Wedge & Chips	24 	
28 MOW: SALISBURY STEAK , Potatoes, Green Beans, Pears & Roll	29 MOW: CHEESE ENCHILADA , Corn, Beans, Banana, Chips & Salsa CM: FISH , Au Gratin Potatoes, Mixed Vegetables, Peaches, Tartar Sauce & Roll	30 MOW: BAKED CHICKEN , Potatoes & Gravy, Peas, Mixed Fruit & Roll	31 MOW: ROAST BEEF , Potatoes & Gravy, Carrots, Peaches & Roll CM: CHICKEN CORDON BLEU , Potatoes & Gravy, Peas, Dessert & Roll	

SUGGESTED MEAL DONATIONS The Suggested contribution for the meal program at the Senior Center and for Meals on Wheels is \$3.00 per meal for seniors 60+ and their spouse. The mandatory cost for those younger than 60 is \$6.00. Seniors with more financial resources are encouraged to donate the full \$6.00